

Psychology for Health and Social Care

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Introduction

Psychology is relatively new and has only been around for 130-140 years, but before that, we have philosopher, medical doctors, and psychologists who study how human physical

bodywork. In antic Greece, Aristotle writes about the relation between soul and body and how our mental activity comes from experience. Platon believes the soul could exist without the body, etc. In middle age (Dark ages) the Greek knowledge is lost, and most of the European people associate the people with psychologic problems with demons. In the late of 1800 early 1900, Willem Wilts put the base of the first psychologic laboratory considered the father of modern psychology. William James, Sigmund Froid, B.F. Skinner, Carl Young and Erikson are just a few huge names in psychology development. Psychological factors influence our day-to-day activities while influencing how we rest and think throughout the day. Mental health embedded with physical well-being are critical cornerstones of our human architecture, and therefore we need to embrace it while perfecting it. The theories developed throughout the years demonstrate how the philosophers, authors and institutions managed to clarify the situation for the population to identify their advantages and disadvantages.

This essay aims to understand the differences constrained by the various life cycles while exploring my understanding of the care settings' psychological factors. Health and social care characteristics closely linked to psychological and physical frameworks. Moreover, in this essay, my focus remains on how Piaget's cognitive development theory and Erickson's vision interfere with the infant life cycle. Complementing the theories by researching the authors and their determination towards the care settings lifestyle, helps me visualize the bigger picture and determine the professional practice underpinned. Throughout this paper, research-based analysis alongside my interpretation will occur due to my expertise and prior background and identify if the theories developed by both authors are usable in today's society. Understanding how psychological factors influence human behaviors takes exhaust research activities alongside test metrics deciding how and why they change our behavior throughout human lifecycle. Within the care premises, there are adequate subjects which we should pay extra attention to. Each environment requires its own policies and procedures.

Life stage

During their life course people can pass through six different life stages. Infancy, Early childhood, Adolescence, Early adulthood, Middle adulthood, Late adulthood

(pearsonschoolsandfecolleges,2012). Each life stage development describes changes that might be complex and involve ability levels altering.

Infancy development stage

Throughout our human history, there are apparent differences between each stage we have to go through, including infants. Each development milestone reflects on the way we think, act and execute day to day tasks. In the first years, the milestones are represented by learning, playing, speaking, and exploring. Every action it is strictly connected to own society and parental visions.

When exploring new opportunities, infants are directed by their parents, which expect an inevitable outcome of each of their activities throughout their experience. Cognitive and brain development reflects on how the baby tries to identify, memorise and match what their trusted individuals represent as being the truth. During this time, the crucial factor represents the parents and their intimate relationship as the baby will find their voice calming and develop strong bonds of love and trust with them (Infants, 2021).

In terms of health and social care context, the infancy development phase represents a critical part of any individual. They should receive extra care, safety and health throughout different methods. In other terms, healthy bodies come the top priority as it matters, starting from when the mother acknowledges their presence.

During the infant phase, human intellectual develops an entire sphere as everything the individual does it is going to be the first experience. From playing with different objects, trying to walk or identifying different languages, the first years are extremely important in an individual's life. The first individuals also known as parents, are the cornerstone of any infant as they provide care and

Infants express their emotions through actions such as, crying, smiling, playing or other interpretations acknowledged by them as they trigger one action from the caregivers. Each action they perform remains in their brain as doing something, for example pushing the objects off the table they will hit the ground and someone will pick them up.

When hungry or any sad emotions they feel, infants present them through their tears or crying. It's a common stage where the infants spend around 16 hours a day sleeping and the others playing or eaten

The society impacts most of us including relatives and family members therefore automatically the infants will prescribe though their caregiver's vision. Socio-cultural

aspects are interfering with our life's even though we try to distant from them, celebrations, monetary aspects and other attributes will be determined by the society we live in.

Lifespan psychological theories

Lifespan development explores how we change and grow from birth to death. There are many theories regarding how babies and children grow and develop into happy, healthy adults.

Piaget's Cognitive development theory

The Switzerland author, Piaget, developed the theory in the late 1800s and identified four main stages of individuals exposed through significant mental developments. Everything started with own nephew and daughter, interacting and finding behind the scenes facts to intrigue Piaget's operation. The research was based on multiple observation containing a framework of questions and feedback. Each interaction was formed into a vision and set of enquiries set to understand how children acquire knowledge, understand the environment and impact the society.

The stages are divided into four phases: Sensorimotor stage (infant which includes the birth up to two years old), preoperational stage (ages two to seven), concrete (seven to eleven), formal operational (ages twelve and above).

Within the care settings, employees and educational institution try to identify and help students understand how each stage consists in own potential as long as their disadvantages. As the author suggests, the motor of every action generated by an infant goes through their sensory experience such as reflexes, senses and responses. It brings to an infant's caution that every action they perform could cause things to happen such as pushing a small object. The author also suggests this is where the knowledge suffers from enormous entrance as it's the most significant part in every new-born.

As Albert Einstein said "so simple only a genius could have thought of it (Gans,2021) illustrates the significance and importance of what Piaget managed to research over a long period of time. From my experience, Piaget's vision comes extremely close to what is happening in the care settings. A massive player in this game are the parents and their habits for example smoking or reading literature. Each action will automatically be interpreted by the infant and later reproduced as they have strong valid points in their loved ones

The principles discovered by Piaget and published in the cognitive development theory significantly interferes with day to day tasks within a health and social care premise. Understanding what we have to face as professionals it's vital to both private and working life as we could influence someone's future. Usually, day to day practices are set by the employer and own experience combined with education, therefore Piaget's theory plays a crucial part as it is still valid in today's society.

The situation throughout my experienced allowed myself to introduce keywords into the research alongside the theory to shape what my inspirations were. The infant stage helps new-borns to adapt themselves to the world they live in alongside playing. Most of the interaction and knowledge is gained through playing periods as the infants are extremely curious which triggers their brain cells. Understanding new languages and adopting their intelligence into the society, helps new-borns gain massive amount of knowledge as everything they do might be for the first time therefore will be memorised

It is extremely important for the health and social care sector as when they are 'working' with an infant, they should take extra care and caution due to their operational stage. Each phase is treated slightly different due to the intelligence and understanding levels. Theories and best practices should be used as a framework, embedded into the student life but when it comes to practicing, it's primordial to run through own filters and adjust it to the situation faced.

Erickson`s theory

Considered as the "vocational developmental theory" the theory developed by Erikson regarding the psychosocial development sets a detailed theme divided into eight phases. Compared to the theory mentioned above, Erikson's theory presents eight tensions which detail how individual develop their human structure through their period.

Through this paper, the phase attacked by me is recognised in the vocational development theory wrote and published by Erikson as "trust versus mistrust (infancy)". The author emphasises on how crucial caregivers are in an infant's vision. In other words, acknowledging someone from validating your trust, it's a key component of anyone's life but most importantly, in the early stages. Therefore, the parents or the individuals who are spending time with the infant are the most influential players in their lives. For example, when the infant needs attention, such as when they are hungry, exhausted, dirty diaper, and so on, are they expecting someone to take care of them? The answer provided by Erik Erikson it is a clear yes.

Within the work settings, allowing infants to utilise their imagination alongside educational games and interaction will have a positive effect on their memory and intelligence. As the theory suggests, the independent play times infants `require` goes through various filters such as touching new objects and finding how they can move it around to play in their scene.

Comparing Erik Erikson's theory and Piaget's, as a professional, I will tend towards Erikson's as it details each steps in such a way every educator and worker could benefit from reading it. Agreeing with the theory does not mean it validates all the points, as suggested above, each action requires filters such as own experience and special requirements

The principles exposed by Erikson in his trust and mistrust segment illustrates how infants rely on their cared ones. Therefore, this could be used as an advantage when it comes to manipulation and education. Basic trust lines are implemented in the infancy stage where toddlers are relying on the loved ones.

The research brought up the trust and mistrust capabilities as they are the most crucial aspects on the infancy stage. As elderly people, infants require special care therefore, the first contact with their loved ones could provide care on the inner and outter selves.

The health and social care worker it's important to understand how infants deal with their trust issues as if they trust you as an individual, responsibility comes with it.

Recent studies in health and social

"Evidence-based milestone ages as a framework for developmental surveillance" – Cara Dosman, Debbi Andrews, Keith Goulden

In the study presented by the US National Library of Medicine National Institutes of Health, it illustrates how each milestone it's set into a framework helping care workers understand the basic principles. The authors developed a surveillance programme to identify how infants and other development cycles preserve their energy and intelligence levels. Starting with self-care, communication channels and cognitive & social-emotional, the study approached helped me craft the bigger picture of how infants deal with their problems and how the caregivers are supposed to help them.

Covid-19 guidance for blind people 'breaches equality laws' – BBC News

The BBC News teaming up with the Department of Health and Social Care (DHSC), wrote this article to inform the society how individuals throughout the pandemic breached the equality law. The equality law introduced in the late 1980s and improved in the 2010 by the UK's Government, is meant to institute an anti-discrimination law to protect sensible people from getting abused and bullied. Throughout the article, the Department of Health and Social Care ensured the population that they focus on maintaining everyone safe and supporting disabled people throughout this pandemic.

The alarming crisis in health and social care “ – by UNISON Organisation UK

The article published by the UNISON organisation, illustrates how important are the colleges and educational institution into developing professionals before entering the social care department. Throughout the article, many members of the NHS group reported the shortage on staff members alongside their utilities. Therefore, they suggested a vote contest to help the organisation supply and remedy the issues raised. The campaign continued to evolve alongside TUC, STUC, WTUC and ICTU as being the co-founding union members.

Conclusion

Throughout this paper, lectures and research, they directed my professional self into understanding how important the social and biological factors of any human behaviour determine the health and social context. Throughout my experience, the caregivers and the society they live in, drastically interfere with how the infants are directed. The mass media and previous experience disrupt the action, vision and filters. It is essential to understand the theories explained above to critically analyse the positive and negative impacts of the

authors' frameworks. As each “best-practice” solution, it must engage with the context you live in and adapt it to the criteria needed.

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